

(TMI Focus, Vol. XVIII, No. 2, Spring 1996)

BESIEGED BY FREEDOM: HEMI-SYNC® IN SLOVAKIA

by Ronald Russell, MA

Ronald Russell is co-director, with his wife, Jill, of the Russell Center in New Galloway, Scotland. Both Russells are members of TMI's Professional Division and Board of Advisors. Russ's background as a writer and lecturer is ideal for his role as a disseminator of the Hemi-Sync technology. As former residents of Cambridge, Jill and Russ have done an effective job of "seeding" Hemi-Sync in Great Britain in years past. Now, new horizons beckon. The following report finds them in... Slovakia!

One morning in late August, soon after returning from the 1995 Professional Seminar, Jill and I drove the sixty miles from New Galloway to Carlisle to meet two brothers from Slovakia, Miroslav and Peter Simkovic. It was easy to identify them: two tall, casually dressed, black-bearded figures leapt off the London train and ran straight toward us. They had come for a week's intensive Hemi-Sync experience before our visit to Slovakia the following October to lead a residential weekend workshop at their request.

We had corresponded with Miroslav, a psychologist who is fluent in English, for about a year to arrange—and rearrange—this workshop. The delays and postponements were fortunate. They gave the Simkovic brothers time to establish the Annwin Institute, "a non-profit educational organization for the support and development of human potential." Annwin is also involved in preventing drug addiction and abuse and intends to use Hemi-Sync in its programs. To help the brothers travel to Scotland, we contacted Charity Know How—a recently formed charity backed by the UK Foreign Office and created to support the emerging voluntary sector in Eastern and Central Europe. We were delighted when the charity agreed to meet their entire travel expenses. Otherwise, it is doubtful that they could have come.

By the end of their week with us, Miroslav and Peter had experienced twenty-eight exercises in Focus 10 and 12 as well as a large number of *METAMUSIC*® tapes. They had also sampled plenty of Anglo-Scottish food (Miroslav liked to smother it with mayonnaise and Sonic the Hedgehog Tomato Ketchup), fallen in love with Suki the cat (whom Peter christened the Avatar of Divine Laziness), and made themselves at home in the Royal Burgh of New Galloway (population approximately eight hundred). Together we finalized the workshop program and sorted out details. And, most important, we were now friends and knew each other's way of working.

Two months later we flew into Vienna to be met by Peter and Vierka, his bride of four days. Vierka drove an elderly Skoda, which eventually transported us across the Austria-Slovakia border and a further 200 km to the eight gates of fourteenth-century Zvolen castle. Here we

spent three nights in an apartment built into the outer wall. The city of Zvolen, which owns the castle, sponsored our visit, paying for our travel expenses and accommodation as well as subsidizing the workshop itself. The workshop took place in a ski resort hotel in the hills above Zvolen, amidst beautiful wooded countryside. There were twenty-four participants, almost equally men and women, including engineers, businesspeople, psychologists, teachers, and students. Most were in their twenties and thirties; some could understand a little English but others had none at all. All were cooperative and charming and quickly became involved.

The program was built around two excellent nonverbal tapes, Focus 10 and Focus 12, specially prepared by TMI Audio Engineer Mark Certo. We had mailed texts of various Hemi-Sync exercises ahead for Miroslav to translate into Slovak, and the brothers took turns in speaking the texts as the tapes played on stereo speakers. The program included the *Relaxation Process*, *Rebal* (with “real” balloons), *Patterning*, *Five Messages*, *Five Questions*, *H-PLUS® Let GO*, *Energy Bar Tool* and a lighthearted attempt at remote viewing, as well as plenty of *METAMUSIC®* and *Free Flow*. Everyone had enough room to lie down in comfort. We also displayed tapes, books, and TMI informational materials, which excited great interest.

Several participants reported fascinating experiences during the tapes and, where possible, these have been translated into English. Many bought tapes to use themselves. Prices were kept as low as possible, since, for most participants, buying two tapes would take a whole week’s wages. The Annwin Institute also bought several tapes to add to a number that we had donated. Annwin now has the makings of a good tape library, which was further swelled by a gift of *METAMUSIC* tapes from the Institute.

After the workshop we visited with the wonderful ladies who run the Cultural Division of Zvolen City, enjoyed a long and sympathetic conversation with the mayor, toured the neighboring city of Banska Bystrica (home to the first Slovakian McDonald’s), and wished only that we could stay longer. But there was a plane to catch at Vienna airport, where the trusty Skoda conveyed us in its own time and problem-free.

It has been six short years since the Russians moved out of what was then Czechoslovakia, and only three years since Slovakia separated from the Czech Republic. Slovakia is a beautiful but economically poor country, with a population of a little over five million and just one golf course. Its ancient towns have been disfigured to some extent by Soviet architecture but still retain many fine old buildings. Its people, freed from decades of communist domination, are looking toward the West for inspiration and hope for the future. The West will be judged by history on the way it responds. Before our departure, the mayor presented us with a diploma “for the spreading of the ideas of Brotherhood, Togetherness and Love among nations through the Method of Hemi-Sync developed by The Monroe Institute in the United States of America.” There is, as we know, a lot more to Hemi-Sync than perhaps at first appears.

While planning this visit, we came to realize that simply going to Slovakia—or to any other country—running a workshop and then returning home was not enough. Our aim was to help create an organization or framework that would endure and make the benefits of Hemi-Sync available to the local population without dependence on visitors from abroad. We have just heard that Miroslav and Peter are applying to be accepted as TMI Workshop Presenters and Dealers, and the Annwin Institute hopes to affiliate with the Professional Division. It begins to look as if our aim may be achieved.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1996 The Monroe Institute